



The City of Covington

UPDATE



COVINGTON AQUATIC CENTER NEWS-SPLASH

WORKOUT YOUR NEW YEAR'S FITNESS RESOLUTIONS AT COVINGTON AQUATIC CENTER!

The American College of Sports Medicine suggests rhythmic, continuous exercise three to five days a week for 20-60 minutes – depending on the exercise. Water exercise classes or lap swimming are great aerobic and cardiovascular workouts. They will help you increase your cardiovascular endurance, improve your heart rate, and help lower cholesterol and blood pressure. You'll find that after you incorporate regular in-water workouts into your weekly schedule that your fitness level will increase, your level of stress will decrease, you will have more energy throughout your day, you will have better quality of sleep, your ability to focus and concentrate will improve, and you will have an easier time maintaining a healthy weight.



So, why exercise in the water oppose to traditional dry-land workouts? Exercising in water helps cool the body during exercise, increases blood circulation, promotes more fluid joint motion, results in fewer impact related injuries, and many people find it refreshing.

What in-water workouts are available? Covington Aquatic Center offers instructor lead shallow water and deep water exercise classes, as well as times for lap swimming. These workouts increase muscular toning with minimal stress to joints while developing endurance in the heart and lungs.

Shallow water exercise classes are offered
Tuesdays/Thursdays, 8:30-9:30 a.m.

Deep water exercise classes are offered
Monday – Saturday, 9:30-10:30 a.m.
Tuesdays/Thursdays, 8:00-9:00 p.m.

Lap Swims are offered
Sunday-Saturday (7 days a week), noon-1:00 p.m.
Mondays/Wednesdays/Fridays, 5:30-7:00 a.m.
Mondays/Wednesdays, 7:00-8:00 p.m.
Tuesdays/Thursdays, 8:00-9:00 p.m.

REGISTRATION FOR SPRING ACTIVITIES NOW OPEN!

Swimming Lessons, Lifeguard Training, Aquatic Volunteer Academy... it is all happening at the Covington Aquatic Center this spring! Space is limited – register today!

For more information about the Covington Aquatic Center and programs offered visit www.covingtonwa.gov/cac, call 425-413-POOL(7665), or visit us at 18230 SE 240th St., Covington, 98042 (next to Tahoma High School).

A community newsletter produced by the City of Covington for residents and businesses.

January 2011 *City of Covington: Unmatched Quality of Life*

16720 SE 271st Street, Suite 100, Covington, WA 98042

Tel: 253.638.1110 Fax: 253.638.1122 Website: www.ci.covington.wa.us

Mayor
Margaret Harto

Mayor Pro Tem
Jeff Wagner

Council Members
Mark Lanza, David Lucavish,
Marlla Mhoon, James A. Scott,
Wayne Snoey

January 2011

City of Covington UPDATE

THE FIGHT AGAINST GRAFFITI

Fighting graffiti may seem like a never ending battle. However, there are things we can do as residents, employees, businesses and neighbors to help slow down the graffiti cycle. As a reminder, here are three steps to take when encountering graffiti:

First, graffiti needs to be recorded. It is important for law enforcement to know the time frame graffiti occurred, the style or saying of the graffiti and descriptions of any suspects. Even taking a picture of the "tags" with your cell phone or digital camera is very helpful.



Secondly, graffiti needs to be reported. Although it is difficult to prosecute taggers, without reporting this information it is impossible. Call the police non-emergency line if you notice graffiti at (206) 296-3311 or call 9-1-1 if you see taggers in action.

Third, graffiti needs to be removed right away. If graffiti is removed or covered up immediately, then nobody gets to see what the taggers intended. This makes it a location taggers won't want to spend their time defacing, especially if no one will get to see it.

Removing graffiti is one of the toughest problems that communities face. Some residents or organizations can't afford to repaint a fence or buy supplies to remove graffiti on their property and others just don't get around to it. To help residents and those who can't afford to keep the fight against graffiti going, the City offers FREE Graffiti Removal Kits to get them started in the right direction. These kits are available to victims of graffiti within Covington city limits and are put

together by the City with donations and sponsorship from local businesses including Wal-Mart, Home Depot, Sherwin Williams and Alpine Products.

Another way you can help is to spread the word to those who may not read this article, who don't have access to the internet, or who may not know what to

“Removing graffiti is one of the toughest problems that communities face.”

do when graffiti hits. Sharing the steps above and letting them know about the free removal kits only takes a minute.

For more information about free Graffiti Removal Kits or reporting procedures, please contact Community Relations Coordinator Karla Slate at kslate@ci.covington.wa.us or (253) 638-1110 ext. 2234.

JANUARY

- 1/11 – City Council Regular Meeting, 7 p.m.
- 1/13 – Human Services Commission Meeting, 6:30 p.m.
- 1/13 – Arts Commission Meeting, 6:30 p.m.
- 1/17 – HOLIDAY – City offices closed
- 1/20 – Planning Commission Meeting, 6:30 p.m.
- 1/25 – City Council Joint Mtg. w/ Planning Commission, 6 p.m.
- 1/25 – City Council Regular Meeting, 7 p.m.
- 1/19 – Parks and Recreation Commission Meeting, 6 p.m.
- 1-27 – Economic Development Council Meeting, 6:30 p.m.
- 1/29 – City Council Annual Strategic Planning Summit, 8:30 a.m.-3:30 p.m.

For More Information on Any of These Events, Please Contact Karla Slate at (253) 638-1110 x2234 or kslate@ci.covington.wa.us